

Donna's guide

FREE SIT-DOWN MEALS
IN MANHATTAN



MONDAY

Donna's Guide
Free Sit-down Meals in Manhattan

BREAKFAST

6:30AM - 7:30AM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

7AM - 8:30AM

St Paul's House

335 West 51st St (1, C, E to 51st St)

7AM - 8:30AM

St Bart's

108 East 51st St (6 to 51st St)

8AM - 8:30AM

NYC Rescue Mission, 90 Lafayette St

(A, C, E, N, Q, R, W, 6 to Canal St)

8AM - 9:30AM

NY Common Pantry

8 East 109th St (2, 3, 6 to 110th St)

8AM - 9AM

The Bowery Mission

227 Bowery (F to 2nd Ave)

10:15AM - 11AM

Broadway Community Lunch Program

601 West 114th St (1 to 116th St)

2

DINNER

4PM - 6PM

Food Bank for NYC

252 West 116th St (B, C to 116th St)

4:15PM - 5:30PM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

4:30PM - 6PM

The Love Kitchen

3816 9th Ave (1 to 207th St)

4:30PM - 6PM

NY Common Pantry

8 East 109th St (2, 3, 6 to 110th St)

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|--------------------------|--|
| 10:30AM - 12:30PM | Holy Apostles
296 9th Ave (C, E to 23rd St) |
| 11AM - 12PM | Trinity Services and Food
602 East 9th St (L to 1st Ave) |
| 11AM - 12:30PM | Salvation Army Harlem Temple
540 Lenox Ave (2, 3 to 135th St) |
| 12PM - 1PM | Salvation Army Manhattan Citadel
132 West 14th St (1, 2, 3, F, M to 14th St) |
| 12:15PM - 1:15PM | Grand Central Neighborhood
120 East 32nd St (6 to 33rd St) |
| 1PM - 2PM | The Bowery Mission
227 Bowery (F to 2nd Ave) |



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|------------------------|---|
| 5:30PM - 6:30PM | St Bart's
108 East 51st St (6 to 51st St) |
| 6PM - 7PM | NYC Rescue Mission , 90 Lafayette St
(A, C, E, N, Q, R, W, 6 to Canal St) |
| 6PM - 7PM | The Bowery Mission
227 Bowery (F to 2nd Ave) |
| 7PM - 8PM | All Souls Church
1157 Lexington Ave (6 to 77th St) |

TUESDAY

Donna's Guide
Free Sit-down Meals in Manhattan

BREAKFAST

6:30AM - 7:30AM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

7:15-8AM

St Peter's, 619 Lexington Ave

(E, M to Lexington Ave - 51st St)

8AM - 8:30AM

NYC Rescue Mission, 90 Lafayette St

(A, C, E, N, Q, R, W, 6 to Canal St)

8AM - 9AM

The Bowery Mission

227 Bowery (F to 2nd Ave)

8AM - 9:30AM

NY Common Pantry

8 East 109th St (2, 3, 6 to 110th St)

10:30AM - 11:30AM

St Joseph's House

36 East 1st St (F to 2nd Ave)



4

DINNER

4PM - 6PM

Food Bank for NYC

252 West 116th St (B, C to 116th St)

4:15PM - 5:30PM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

4:30PM - 5:30PM

West End Collegiate Church

245 West 77th St (1 to 79th St)

4:30PM - 6PM

The Love Kitchen

3816 9th Ave (1 to 207th St)

11AM - 12:30PM

Salvation Army Harlem Temple

540 Lenox Ave (2, 3 to 135th St)

11:30AM - 12:15PM

Church of St Paul the Apostle

405 West 59th St (1 to 59th St)

12PM - 1PM

Salvation Army Manhattan Citadel

132 West 14th St (1, 2, 3, F, M to 14th St)

12PM - 12:30PM

St James

865 Madison Ave (6 to 68th St)

12:15PM - 1:15PM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

1PM - 2PM

St Luke's

308 West 46th St (A, C, E to 42nd St)

1PM - 2PM

The Bowery Mission

227 Bowery (F to 2nd Ave)



5:30PM - 6:30PM

St Bart's

108 East 51st St (6 to 51st St)

6PM - 7PM

NYC Rescue Mission, 90 Lafayette St

(A, C, E, N, Q, R, W, 6 to Canal St)

6PM - 7PM

The Bowery Mission

227 Bowery (F to 2nd Ave)

WEDNESDAY

Donna's Guide
Free Sit-down Meals in Manhattan

BREAKFAST

6:30AM - 7:30AM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

7AM - 8:30AM

St Paul's House

335 West 51st St (1, C, E to 51st St)

7AM - 8:30AM

St Bart's

108 East 51st St (6 to 51st St)

8AM - 8:30AM

NYC Rescue Mission, 90 Lafayette St

(A, C, E, N, Q, R, W, 6 to Canal St)

8AM - 9AM

The Bowery Mission

227 Bowery (F to 2nd Ave)

8AM - 9:15AM

NY Common Pantry

8 East 109th St (2, 3, 6 to 110th St)

10:15AM - 11AM

Broadway Community Lunch Program

601 West 114th St (1 to 116th St)

10:30AM - 11:30AM

St Joseph's House

36 East 1st St (F to 2nd Ave)

6

DINNER

4PM - 6PM

Food Bank for NYC

252 West 116th St (B, C to 116th St)

4:15PM - 5:30PM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

4:30PM - 6PM

NCJW

241 West 72nd St (1, 2, 3 to 72nd St)

4:30PM - 6PM

The Love Kitchen

3816 9th Ave (1 to 207th St)

10:30AM - 12:30PM

Holy Apostles

296 9th Ave (C, E to 23rd St)

11AM - 12PM

Trinity Services and Food

602 East 9th St (L to 1st Ave)

11AM - 12:30PM

Salvation Army Harlem Temple

540 Lenox Ave (2, 3 to 135th St)

12PM - 1PM

Salvation Army Manhattan Citadel

132 West 14th St (1, 2, 3, F, M to 14th St)

12PM - 1PM

Temple Shaaray Tefila

250 East 79th St (6 to 77th St)

12:15PM - 1:15PM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

12:30PM - 1:30PM

Broadway Community Lunch Program

601 West 114th St (1 to 116th St)

12:30PM - 1:30PM

The Bowery Mission

227 Bowery (F to 2nd Ave)

1PM - 2PM

Salem United Methodist Church, 2190 Adam Clayton Blvd (A, B, C, D, 2, 3 to 125th St)

4:30PM - 6PM

NY Common Pantry

8 East 109th St (2, 3, 6 to 110th St)

5:30PM - 6:30PM

St Bart's

108 East 51st St (6 to 51st St)

6PM - 7PM

The Bowery Mission

227 Bowery (F to 2nd Ave)

6PM - 7PM

NYC Rescue Mission, 90 Lafayette St

(A, C, E, N, Q, R, W, 6 to Canal St)

6:45PM - 8PM

Church of the Epiphany

1393 York Ave (6 to 77th St)

BREAKFAST

6AM - 7:30AM

Central Synagogue

123 East 55th St (6 to 51st St)

6:30AM - 7:30AM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

8AM - 8:30AM

NYC Rescue Mission, 90 Lafayette St

(A, C, E, N, Q, R, W, 6 to Canal St)

8AM - 9AM

The Bowery Mission

227 Bowery (F to 2nd Ave)

8AM - 9:15AM

NY Common Pantry

8 East 109th St (2, 3, 6 to 110th St)

10:30AM - 11:30AM

St Joseph's House

36 East 1st St (F to 2nd Ave)



DINNER

4PM - 6PM

Food Bank for NYC

252 West 116th St (B, C to 116th St)

4:15PM - 5:30PM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

4:30PM - 6PM

The Love Kitchen

3816 9th Ave (1 to 207th St)

5:30PM - 6:30PM

St Bart's

108 East 51st St (6 to 51st St)

10:30AM - 12:30PM	Holy Apostles 296 9th Ave (C, E to 23rd St)
11AM - 12PM	Trinity Services and Food 602 East 9th St (L to 1st Ave)
11AM - 12:30PM	Salvation Army Harlem Temple 540 Lenox Ave (2, 3 to 135th St)
11:30AM - 12:15PM	Church of St Paul the Apostle 405 West 59th St (1 to 59th St)
12PM - 1PM	Salvation Army Manhattan Citadel 132 West 14th St (1, 2, 3, F, M to 14th St)
12PM - 1PM	St George's , 209 East 16th St (4, 5, 6, L, N, Q, R to 14th St Union Sq)
12:15PM - 1:15PM	Grand Central Neighborhood 120 East 32nd St (6 to 33rd St)
1PM - 2PM	St Luke's 308 West 46th St (A, C, E to 42nd St)
1PM - 2PM	The Bowery Mission 227 Bowery (F to 2nd Ave)

6PM - 7PM	NYC Rescue Mission , 90 Lafayette St (A, C, E, N, Q, R, W, 6 to Canal St)
6PM - 7PM	The Bowery Mission 227 Bowery (F to 2nd Ave)
6:30PM - 7:30PM	Madison Ave Presbyterian 921 Madison Ave (6 to 77th St)

BREAKFAST

6AM - 7:30AM

Central Synagogue

123 East 55th St (6 to 51st St)

6:30AM - 7:30AM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

7AM - 8:30AM

St Paul's House

335 West 51st St (1, C, E to 51st St)

8AM - 8:30AM

NYC Rescue Mission, 90 Lafayette St

(A, C, E, N, Q, R, W, 6 to Canal St)

8AM - 9:00AM

The Bowery Mission

227 Bowery (F to 2nd Ave)

8AM - 9:15AM

NY Common Pantry

8 East 109th St (2, 3, 6 to 110th St)

10:15AM - 11AM

Broadway Community Lunch Program

601 West 114th St (1 to 116th St)

10:30AM - 11:30AM

St Joseph's House

36 East 1st St (F to 2nd Ave)

10

DINNER

4PM - 6PM

Food Bank for NYC

252 West 116th St (B, C to 116th St)

4:15PM - 5:30PM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

4:30PM - 6PM

NY Common Pantry

8 East 109th St (2, 3, 6 to 110th St)

4:30PM - 6PM

The Love Kitchen

3816 9th Ave (1 to 207th St)

10:30AM - 12:30PM	Holy Apostles 296 9th Ave (C, E to 23rd St)
11AM - 12PM	Trinity Services and Food 602 East 9th St (L to 1st Ave)
11AM - 12:30PM	Salvation Army Harlem Temple 540 Lenox Ave (2, 3 to 135th St)
12PM - 1PM	Salvation Army Manhattan Citadel 132 West 14th St (1, 2, 3, F, M to 14th St)
12PM - 1PM	All Souls Church 1157 Lexington Ave (6 to 77th St)
12:15PM - 1:15PM	Grand Central Neighborhood 120 East 32nd St (6 to 33rd St)
12:30PM - 1:30PM	Broadway Community Lunch Program 601 West 114th St (1 to 116th St)
1PM - 2PM	The Bowery Mission 227 Bowery (F to 2nd Ave)

5:30PM - 6:30PM	St Bart's 108 East 51st St (6 to 51st St)
6PM - 7PM	NYC Rescue Mission , 90 Lafayette St (A, C, E, N, Q, R, W, 6 to Canal St)
6PM - 7PM	The Bowery Mission 227 Bowery (F to 2nd Ave)
7PM - 8:30PM *	St James 865 Madison Ave (6 to 68th St)

* CLOSED July & August.

SATURDAY

Donna's Guide
Free Sit-down Meals in Manhattan

BREAKFAST

6:30AM - 7:30AM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

8AM - 8:30AM

NYC Rescue Mission, 90 Lafayette St

(A, C, E, N, Q, R, W, 6 to Canal St)

8AM - 9AM

The Bowery Mission

227 Bowery (F to 2nd Ave)

10AM - 12PM

St Michael's

225 West 99th St (1 to 103rd St)



12

DINNER

4:15PM - 5:30PM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

5PM - 6PM

All Saints Episcopal Church

230 East 60th St (4, 5, 6, N, Q, R to 59th St)

5:15PM - 6PM

Church of the Holy Trinity

316 East 88th St (4, 5, 6 to 86th St)

12PM - 2PM

Church of the Village

201 West 13th St (1, 2, 3, F, M to 14th St)

12:15PM - 1:15PM

Grand Central Neighborhood,

120 East 32nd St (6 to 33rd St)

1PM - 2PM

The Bowery Mission

227 Bowery (F to 2nd Ave)

1PM - 2:30PM

St Joseph's

371 6th Ave (A, C, E, B, D, F, M to West 4th St)

1:30PM - 2PM

Manhattan Church of Christ

48 East 80th St (6 to 77th St)

2:30PM - 3:30PM

The Village Temple, 33 East 12th St

(4, 5, 6, L, N, Q, R, W to 14th St Union Sq)



5:30PM - 6:30PM

St Bart's

108 East 51st St (6 to 51st St)

6PM - 7PM

NYC Rescue Mission, 90 Lafayette St

(A, C, E, N, Q, R, W, 6 to Canal St)

6PM - 7PM

The Bowery Mission

227 Bowery (F to 2nd Ave)

SUNDAY

Donna's Guide
Free Sit-down Meals in Manhattan

BREAKFAST

6:30AM - 7:30AM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

7AM - 8:30AM

St Bart's

108 East 51st St (6 to 51st St)

8AM - 8:30AM

NYC Rescue Mission, 90 Lafayette St

(A, C, E, N, Q, R, W, 6 to Canal St)

8AM - 9AM

The Bowery Mission

227 Bowery (F to 2nd Ave)

10AM - 11AM

Cathedral Community Cares

1047 Amsterdam Ave (1 to Cathedral Pkwy)



14

DINNER

4:15PM - 5:30PM

Grand Central Neighborhood

120 East 32nd St (6 to 33rd St)

4:30PM - 6PM

Christ Church United Methodist

524 Park Ave (4, 5, 6, N, Q, R to 59th St)

5:30PM - 6:30PM

St Bart's

108 East 51st St (6 to 51st St)

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|--------------------------|--|
| 11:30AM - 12:30PM | NCJW
241 West 72nd St (1, 2, 3 to 72nd St) |
| 12:15PM - 1:15PM | Grand Central Neighborhood
120 East 32nd St (6 to 33rd St) |
| 12:30PM - 1:30PM | Cathedral Community Cares
1047 Amsterdam Ave (1 to Cathedral Pkwy) |
| 12:45PM - 3PM | St Xavier's
55 West 15th St (1, 2, 3, F, M to 14th St) |
| 1PM - 2PM | The Bowery Mission
227 Bowery (F to 2nd Ave) |
| 2PM - 3PM | Blessed Sacrament Church
147 West 70th St (1, 2, 3 to 72nd St) |



6PM - 7PM

NYC Rescue Mission, 90 Lafayette St
(A, C, E, N, Q, R, W, 6 to Canal St)

6PM - 7PM

The Bowery Mission
227 Bowery (F to 2nd Ave)

Donna's guide

FREE SIT-DOWN MEALS
IN MANHATTAN

